

WB: Breastfeeding Complications or Potential Complications (AK 93 -USDA 602)

Explain to Participant	You're enrolled in the WIC program today because you are having a problem with breastfeeding or you are at risk for having a problem with breastfeeding. Problems can include severe breast engorgement, plugged ducts, mastitis, flat or inverted nipples, cracked, bleeding or severely sore nipples, over age 40, failure of milk to come in 4 days after the baby is born or nursing more than one baby.	
Goal	The goal is to resolve the breastfeeding complications or potential complications you are having in order to provide the adequate nutrition for your baby.	
Suggestions for Reducing Risk	Follow the recommendations of your health care provider. Eat a variety of foods from all the food groups every day. Choose fruits, vegetables, whole grains and low fat dairy foods. Ask your health care provider about exercise. Drink 8 glasses of water every day	
Nutrition Education Material Suggested	Breast Engorgement Sore Nipple Management	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Milk	Calcium, Vitamin A, Protein
	Cheese	Calcium, Vitamin A, Protein
	Eggs	Protein
	Beans or Peanut Butter	Protein, Iron
	WIC Juice	Vitamin C
	Cereal	Iron
	Carrots	Vitamin A
	Tuna Fish	Protein
	Salmon	Calcium, Vitamin A, Protein
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	A Mother's Guide to Milk Expression and Breast Pumps	